



Tips for Fathers and Discipline

Definition:

1. To train by instruction and practice, especially to teach self control.
2. To teach to obey rules or accept authority.
3. To punish in order to gain control of, enforce obedience.

Source: American Heritage Dictionary 2000

- The father's role in family interactions involves both support of the mother and direct interactions with the child.
- Calm, consistent behavior by adults is the model for teaching self-control in the child. (EX. a consistent plan for handling tantrums carried out by the mother and father).
- Playing with your child and stopping children's behavior when needed are important lessons to be learned, it tests limits and boundaries.
- How parents speak greatly influence how often children comply with directions. Fathers are more tactical and physical, while mothers are verbal.
- Consistently positive or negative response to a child's behavior will change how often the child will respond the same way.
- When fathers understand that disciplining their children is an opportunity to teach by words and actions, they will have an important role in helping their children learn appropriate behavior and self control.
- Discipline is better understood as guidance and teaching, not controlling and punishing.
- Values are principles and standards that guide our behavior.
- The values that individual family members hold dear vary considerably.
- Babies need to be loved, natured, and accepted as they are. Nothing they do can be called misbehavior.
- The more time you spend in positive interaction with your children the more likely it is that they will accept your values and want to please you.
- The combination of positive time together and discipline usually works better than discipline alone.

Source: Head Start Bulletin, Issue No. 77, 2004

"It's only when you grow up, and step back from him, or leave him for your own career and your home-it's only then that you can measure his greatness and fully appreciate it. Pride reinforces love."

Margaret Truman

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